

November Birthday's Residents

November 11th

Gerry M.

November 17th

Thelma M.

November 19th

Diane D.

November 21st

Grace R.

November 28th

Robert G.

November 30th

Crystal C.

Staff

November 7th

Alma

November 30th

Tyler G.

WALTONWOOD
BISTRO



*From our griddle
to yours...*

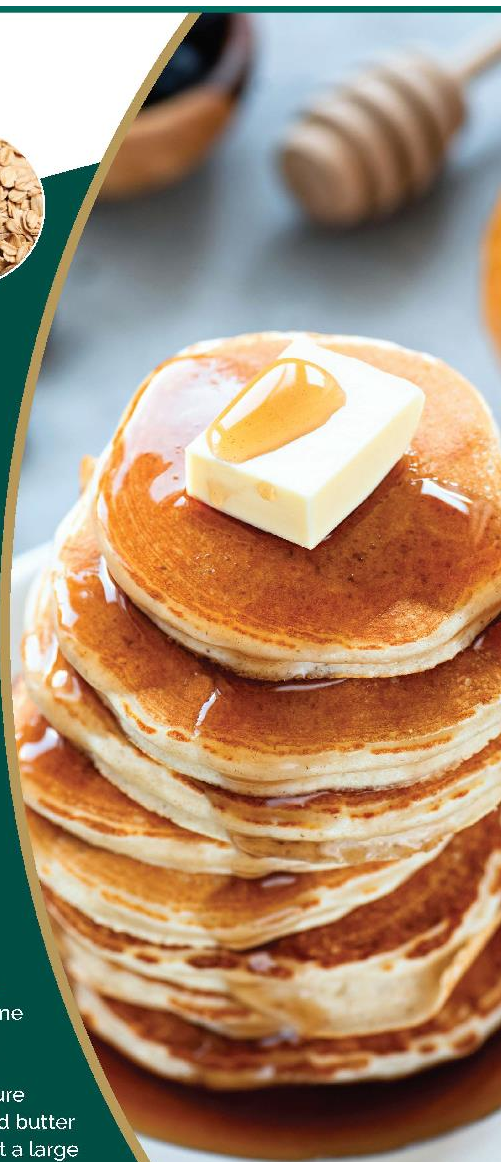
OATMEAL PANCAKES

Ingredients

- 1 1/2 C uncooked rolled oats
- 2 C milk
- 1 C flour
- 2 T brown sugar
- 1/2 t ground cinnamon
- 2 t baking powder
- 1 t salt
- 3 eggs, slightly beaten
- 4 T butter, melted and cooled

Instructions

Place oats and milk in large bowl, stir and set aside until all the milk has been absorbed (this can be done the night before and kept sealed and refrigerated). Meanwhile combine flour, brown sugar, cinnamon, baking powder, and salt. First add eggs to oat mixture and combine. Then add dry ingredients and stir. Add butter and mix only enough to blend. Do not overmix. Heat a large nonstick skillet or griddle over medium-low heat. Lightly butter or oil the pan if needed. Once the skillet is hot, spoon 1/4 cupfuls of batter onto the pan. Let cook for 3-4 minutes on the first side, until the pancakes look dry at the edges and small bubbles form on top. Gently flip, then cook for 1-2 minutes until golden brown on both sides.



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ROYAL OAK CONNECT NOVEMBER 2020



National Holidays in November

November 1st - National Author's Day

November 1st - Daylight Savings

November 4th - National Candy Day

November 6th - National Nachos Day

November 10th - National Vanilla Cupcake Day

November 11th - Veterans Day

November 13th - World Kindness Day

November 15th - National Recycling Day

November 16th - National Fast-Food Day

November 17th - National Hiking Day

November 19th - International Men's Day

November 22nd - Go For A Ride Day

November 26th - Thanksgiving

November 28th - Small Business Saturday

WALTONWOOD
ROYAL OAK
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COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Michelle Hasberry
Business Office Manager

Shondra Pritchett, LPN Resident
Care Manager

Tonicka Benefield
Wellness Coordinator

Tyler Graham
Dining Room Supervisor

Derek Hill
Environmental Service Manager

Kathleen Whitehead
Housekeeping and Laundry

Lea Caruso, CTRS
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Mary Ann Sherman
Bus Driver

Melanie Combs
Move-In Coordinator

\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it and then we'll thank you for it too! Ask for details!



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Our associate spotlight for this month is Kevin, our talented pastry chef!

Kevin has worked at Waltonwood Royal Oak for three years & loves his job! He enjoys making desserts for our residents because they are like his extended family now. Kevin became a pastry chef for two reasons: He loves sweets & uses it as an outlet for his art and because it brings people together & makes them happy. Kevin says, "I am honored that I get to serve all you residents & this is such a great place to work!"

Congrats Kevin!



Thank you for practicing social distancing



TRANSPORTATION UPDATE

We are now taking bus reservations to go to medically necessary doctor's appointments! Mary Ann, our driver, is available to take resident's to appointments Monday - Friday from 9 am to 3 pm! Please make all bus reservations at the front desk.

We are also taking residents on 30-minute Joy Rides!

Please see Lea or Mary Ann for more information.

OCTOBER HIGHLIGHTS

05

07

23

26



Join us for our Travelogue series Monday & Wednesday's!



Carole making our Candy Corn craft!



Our community went PINK for Breast Cancer Month!



Enjoying pumpkin cookies in honor of National Pumpkin day!

National Caregivers Month

November is National Caregivers Month. A caregiver is defined as

someone who provides regular care or assistance to a friend or family member with a health problem or disability. 1 in 4 women are caregivers and over 37% are caring for a parent or parent-in-law. We thank all the wonderful caregivers and med techs in our community who care for our wonderful residents!



FOREVER FIT: HOW DO YOU FEEL?

How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us astray. When we exercise our bodies adapt to the stress and strain, we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

EXECUTIVE DIRECTOR CORNER

Happy Fall!!! As many of you already know, we had our annual flu clinic and associate COVID testing this month, I am happy to report that all our associates tested negative. As we head into the flu season, I am urging all of you to continue taking the necessary precaution to be safe. Please ensure you maintain a distance of 6-feet and wear a facial covering, unfortunately we are seeing the surge in COVID cases here in Michigan and around the nation. I want to take this opportunity to remind you of our resident referral bonus. Do you know a friend or family member that is in need of assisted living? We are offering \$3500.00 for all resident referrals. Please see Executive Director or Marketing Manager for additional details. On behalf of the entire staff here at Waltonwood Royal Oak, we are wishing you all a happy and safe Thanksgiving!

